

“Breastfeeding is a learning process, and it may take longer than you expected. It is the most comforting and emotionally bonding experience you can have with your baby. Even at 6 months, if she gets really upset, holding her skin-to-skin and/or breastfeeding her will always soothe my daughter.”

If your baby fusses and doesn't latch on, try these things:

- Move him back to an upright position between your breasts.
- Stroke and talk to your baby until he calms down.
- Calm yourself. This will calm your baby, too.
- Switch to a different breastfeeding position.
- See if he will latch on by himself in the laid-back position.
- Express some milk on your nipple so your baby will smell and taste it right away.

If you are unable to latch your baby, ask for help. For information on Getting Help, go to page 40 of this booklet.

How to Tell if Your Baby is Latched Well

While your baby is nursing you will know your baby is latched on well if these things are happening:

- Breastfeeding is comfortable for you.
- Your baby has a strong, slow, regular suck.
- You can hear swallowing.
- Your baby's mouth is wide open with flanged lips. If your baby has a deep latch you might not see his lips.
- Your baby's ears or temple are moving while he sucks.

When your baby is finished nursing:

- Your nipples will have a normal, rounded shape and they should not look pinched.
- Your breasts feel softer. This is more noticeable during the first few weeks of breastfeeding.
- Your baby should be relaxed and content. Younger babies may fall asleep when they are done feeding. Older babies may stay awake but let you know they are done feeding by turning away or starting to play.
- Younger babies often fall asleep at the breast, but when you take them away, they wake up again. If your baby does this, it is a sign that he was not yet finished.

